

GuardStart: Lifeguarding Tomorrow



This two week class gives youth a jump-start to future work as a Lifeguard.

- Tailored for ages 11-15
- Taught by Red Cross Certified Staff
- Builds a foundation of knowledge, attitudes, and skills consisting of five categories: Prevention, Fitness, Response, Leadership, and Professionalism

Pre-requisite includes completion of the 5th grade and demonstration of the following skill:

- Continuously swim 25 meters of front crawl stroke.
- Tread water for 1 minute using arms and legs.
- Submerge and swim ten feet under water.

Register for Summer Session!

Registration Dates: TBA

Fee: \$75 R / \$85 NR

For more information:

Call the **Monroe Street Pool** at
(760) 602-4685 or register online
at www.carlsbadca.gov/parksandrec.

